

## **Hubungan Praktik *Food Coping Strategy* dan Keragaman Konsumsi Pangan dengan Kejadian Stunting Baduta Rumah Tangga Rawan Pangan di Wilayah Pesisir Kota Pekalongan**

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### **ABSTRAK**

**Latar belakang:** Kerawanan pangan rumah tangga dalam waktu lama dapat menyebabkan terjadinya stunting. Kerawanan pangan dapat berpengaruh terhadap keragaman pangan baduta dan mendorong rumah tangga melakukan upaya *food coping strategy* (FCS) dan dapat berpengaruh terhadap asupan makan baduta.

**Tujuan:** Mengetahui hubungan praktik FCS dan keragaman konsumsi pangan dengan kejadian stunting baduta rumah tangga rawan pangan wilayah pesisir Kota Pekalongan.

**Metode:** Penelitian observasional dengan desain *cross-sectional*. Subjek adalah 48 baduta rumah tangga rawan pangan usia 6-23 bulan diambil dengan metode *simple random sampling*. Data ketahanan pangan diperoleh dengan kuesioner *Household Food Security Survey Module* (HFSSM), perilaku *food coping strategy* menggunakan kuesioner *coping strategy index* (CSI), dan keragaman pangan baduta menggunakan kuesioner *Infant and Young Child Dietary Diversity Score* (IYCDDS). Analisis bivariat menggunakan uji *Chi-square* dan uji *Spearman*, analisis multivariat dengan regresi logistik.

**Hasil:** Terdapat hubungan praktik FCS dengan kejadian stunting pada baduta ( $p=0,033$ ). Perilaku mengonsumsi/membeli makanan murah, membatasi porsi makan anak, dan mengurangi jenis makanan berhubungan negatif terhadap *z-score* PB/U ( $p<0,001$ ). Tidak terdapat hubungan keragaman konsumsi pangan dengan kejadian stunting pada baduta ( $p>0,05$ ).

**Kesimpulan:** Terdapat hubungan praktik FCS dengan kejadian stunting baduta. Tidak terdapat hubungan keragaman konsumsi pangan dengan kejadian stunting baduta.

**Kata Kunci:** stunting, rawan pangan, *food coping strategy*, keragaman pangan.

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***The Relationship between Food Coping Strategy Practices and Diversity of Food Consumption with Stunting Incidents in Food Insecure Households in the Coastal Area of Pekalongan City***

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**ABSTRACT**

**Background:** Household food insecurity that occurs for a long time can cause stunting. The conditions of food insecurity can influence the dietary diversity of children and encourage households to undertake food coping strategies (FCS) that may influence the children's food intake.

**Objective:** To determine the relationship of food coping strategy practices and food dietary diversity with the incidence of stunting in food-insecure households in the coastal area of Pekalongan City.

**Method:** Observational research with a cross-sectional research design. Subjects were 48 food-insecure children aged 6-23 months from food-insecure household that were taken by simple random sampling method. Food security data was obtained by using the Household Food Security Survey Module (HFSSM) questionnaire, FCS data was obtained by using the coping strategy index (CSI) questionnaire, and dietary diversity data was obtained by using the Infant and Young Child Dietary Diversity Score (IYCDDS) questionnaire. The data were statistically analyzed bivariately by using the Chi-square and Spearman test, as well as multivariate analysis using the logistic regression test.

**Results:** There was a association between FCS practiced with the incidence of stunting in children aged 6-23 months from household food-insecure ( $p=0.033$ ). FCS practices in the form of consuming/buying cheaper food, limiting children's food portions, and reducing types of food were negatively associated to the PB/U z-score ( $p<0.001$ ). There was no association between dietary diversity with the incidence of stunting in children aged 6-23 months from household food-insecure ( $p>0.05$ ).

**Conclusion:** There was association between FCS practiced with the incidence of stunting children aged 6-23 months. There was no association between the dietary diversity with the incidence of stunting among children aged 6-23 months.

**Keywords:** food coping strategy, food diversity, food insecurity, stunting.

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